Physical Fitness: The Body of an Officer at the Best CDS Coaching in Dehradun, India

Twenty-three-year-old Rohan had never been athletic.

In school, he was the last picked for teams. In college, he avoided sports entirely. His idea of exercise was walking to the bus stop. When he decided to try for CDS, he knew the written exam would be hard. He didn't realize the physical standards would be harder.

First day of physical training at SAO Defence Academy: he couldn't complete the warm-up.

The CDS selection process doesn't end with the written exam. Candidates who clear the written test face the SSB—five days of psychological assessment, group tasks, and personal interviews. Physical fitness demonstrates stamina, resilience, and discipline required of an officer.

At SAO Defence Academy, physical training is integrated from day one. Instructors are former servicemen who understand what the SSB looks for.

Rohan's progress:

Week 1: Couldn't run 1 km.

Week 4: Completed 1 km.

Week 8: Completed 2 km.

Week 12: Completed 3 km.

Month 6: Ran 5 km, cleared obstacle course under 5 minutes.

The transformation wasn't just physical. Discipline carried into his studies and mindset.

After SSB recommendation, he remembered one thing: he kept showing up.

Physical fitness is not about passing a test. It's about becoming someone who does not quit.

The SSB Interview: Becoming Unrehearsed at the Best CDS Coaching in Dehradun, India

Meera had mastered mock interview answers. Perfect lines. Rehearsed motivations. Polished responses.

Feedback: "You sound like you're reading from a script."

The breakthrough came when she answered honestly about a moment of real fear from her life. Not rehearsed. Not perfect. Real.

The Services Selection Board is unlike any interview process. Five days. Psychological tests. Group tasks. Personal interviews. Assessors detect rehearsed answers instantly. They look for authenticity.

Key psychological tests include:

Thematic Apperception Test (TAT)

Word Association Test (WAT)

Situation Reaction Test (SRT)

Preparation at SAO Defence Academy focuses on self-awareness, reflection, and authenticity—not memorization.

When Meera attended her real SSB, she answered honestly. When she didn't know something, she admitted it. When challenged, she reflected instead of defending.

Result: Recommended.

SSB preparation is not about performance. It is about becoming someone who can stand before any board and remain authentic.

Are you preparing answers—or preparing yourself?